

UNIT 2 TEENS TODAY

BALANCE

ACTIVITIES

Remember: the following areas of your life are essential. If you spend too much time on one of them, you won't be able to cover the others.

HEALTH	RELATIONSHIPS	WORK	LEISURE ACTIVITIES
sleep brush your teeth have a shower eat healthy food do sport	meet friends go to parties visit grand parents spend time with family	go to school do homework	go to the cinema read books play computer games walk in the park